

THE WASHINGTON TIMES DAILY MAGAZINE PAGE

Men Advised to Talk to Women of Real Things—Hopes, Ambitions, Plans

"We Are Real Creatures, Made of Flesh and Blood—Do Not Talk Up or Down to Us," Urges Woman Writer.

By WINIFRED BLACK.

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THE gentleman from the sunny South stood up to speak at the luncheon in the friendly North club before a group of ladies. "I have never spoken to a lady's club before," said the distinguished guest, "and I am a little embarrassed." "I asked the president of this club how to talk to you, and she said: 'Talk to us as if we were men, about whatever interests you.' The only thing is, don't talk down to us." "I can't imagine what she meant," I have never talked down to a woman in my life. I always talk up to them. And we all laughed and applauded and were very pleased. "Wonder if the distinguished guest really thinks he really meant what he said. I have heard him talk 'up' to the ladies, and it was all I could do to keep from smiling. All he said was something about birds and flowers and the evening breeze, and the fair lilies and the blushing rose, and sweet music, and the poets, but every time the guest came to the end of a sentence, he would say something about bright eyes and sweet voices and very forms, too, and most of the men who listened to him pinched their hands very close together under the table and did the best they could to keep from laughing outright.

Her Training Cost. "They really think they are talking to women when they talk to us," says like this—the very polite gentleman who still believes that women feel, but do not think. "Do they really mean what they say when they pretend to think we aren't human at all, but just lovely angels, who live on flowers and the evening breeze, and think in anything but poetry or blank verse? Where did they get such a idea? Not from us. I have known a woman to learn to play the piano. She gave up her youth and her strength and her home and her friends. She left her native country and said good-bye to her brothers and sisters, and she left her mother to die alone among strangers while she went and studied. Day and night she studied, month in and month out. Spring came in beauty; summer passed in glory; autumn came in triumph; and the snows of winter fell in fury. She knew nothing, she dreamed nothing, she felt nothing but the work. And now she has graduated from a great conservatory, the favorite pupil of a famous teacher, and the other day she came home across the ocean and she gave a concert. We all went to the concert and heard her play, and while she played I sat

Honors for War Nurses Supplant Ostracism of Fifty Years Ago

Aunt Becky Price Asserts It Took Real Nerve and Patriotism to Enter Army Hospitals of Half Century Past.



MRS. REBECCA LANE PRICE.

FIFTY years ago American women were smitten with the bee of being nurses just as European women are today, but according to Aunt Becky Price they had the "dell" of a time at it, and instead of having columns written about them in the papers and even being decorated with badges of honor, were in some cases ostracized socially for their pains. And since Aunt Becky Price was one of them, and is today president of the National Volunteer Army War Nurses Association, she knows all about it.

"I tell you it took a lot of real nerve and patriotism in those days to leave all the comforts of home and protection of relatives and go out into those hospitals," she said today. Great clear eyes that had looked on bloodshed unafraid glistened with tears at the remembrance of her terrible ordeal of service. "When I made up my mind to volunteer I just went up and asked for a pass from the governor of Pennsylvania and went into one of the hospitals and announced that I had come to minister to the sick. That was all that there was to it; no first-aid training, no graduation from a nursing school, but just the guarantee of my face and my common sense."

A light caught her glasses at that moment and, hiding the eyes, drew the entire attention to her face. In the firm lips, the sound jaw, and the uncompromising nose came a glimpse of what little Becky Price of fifty years ago might have been, and the mental observation was made that there was no wonder that the governor of Pennsylvania did not refuse her request.

Wore No Uniforms. "We girls made of better stuff in those days, or are the girls who have been forced to leave Europe and a nurse's career in this war merely the victims of a demand for greater efficiency and more scientific training," she said.

However, Aunt Becky Price didn't

make any unkind observations herself, and went on rapidly.

"Nurses in those days didn't wear uniforms. They just put on whatever they happened to have that was clean. For my part, I always wore a plain dress with starched white collars and cuffs. It seemed neater, somehow."

"The relative number of nurses and sick was dreadfully out of proportion. At one time I was volunteer nurse at a hospital with 2,000 patients and only one nurse besides myself. Why, we were so in need of help that we had to have some of those not seriously wounded as aides. Of course, it was impossible to give those poor fellows the right sort of attention, but we did our best which was all that any two women could."

Meet Opposition.

"When women nurses first made their appearance in the field hospitals the men didn't want us to come. They said that the things taking place there for all the time weren't fit for women to see. At last, though, the nurses were the majority in the army, and the soldier boys vowed they couldn't get along without us. I think the training was a remarkable record."

The Sanitary Commission. I was

Untrained Women Wore No Uniform, Used Only Common Sense, Paid Their Own Expenses, and Took Every Risk.

volunteer nurse. Of course, we were more independent than others because we could do exactly as we pleased. That didn't make any difference, however. If the sick soldiers were in a poorly-equipped hospital and had to sleep on the floor, we did, too. If they were so fortunate as to have cots, we had them after they had been supplied. "The work in field hospitals was only part of my activities. When I went home for brief visits I did everything for the relief societies. There were bandages to be rolled and other hospital supplies to be secured. Every time I returned to the army from a trip to my home town I took about two tons of food. In the winter the women did all sorts of good things. There were boiled and roasted chickens, boiled hams, round beef, home-made preserves and pickles, barrels of flour and vegetables, sugar and other things that were real delicacies to the poor soldiers who had been surviving on rations of bacon and hard-tack for months, maybe."

Change Public Opinion.

"Young women didn't enter into active field service. Dorothea Dix wouldn't take any such wave of popular sentiment against women who were so bold as to enter nursing, particularly as volunteer nurses. Young women, who were much less independent and more sheltered than now, were not allowed to go. Just think of it."

I think the returning soldier boys to whom we had ministered must have helped to change public opinion. In the front, because when Clara Barton founded the Red Cross movement she met with ready response. Clara Barton named this badge on me with her own hands."

Mrs. Price indicated a tiny button of white with its blue border and her great-grandmother's name on it. Small and obscure, it is her greatest treasure. For it proves to her that she has done honorable service for her country, but that she did so at a time when such service was questionable, when modern medicine was in its infancy, and when death in a thousand varied forms waited for her—a remarkable record, and one which can never be equalled.

What They Say About Us

Pertinent Interests of Women As Viewed By Editorial Writers of the Newspapers.

Women Vote in Palestine.

The equal suffrage movement grows quietly and steadily, even where very little is heard about it. How many Americans know that Palestine has granted women the vote for a quarter of a century? This is the case in all the Zionist colonies there.

The first of these villages was started twenty-five years ago, with a population of 200, which has now grown to 1,100. Other colonies have been founded since, until today Palestine has about forty purely Jewish villages. Norman Hapgood, in the Boston Jewish Advocate of September 8, 1915, has an article describing them. He says:

"The government of this (first) colony, and likewise of those that began later, is extremely democratic. In the beginning every landowner had a vote on any question that arose. These questions at first were mainly pecuniary. There were, however, in the colony many workmen who had no land, the children of these farm-families went to the schools, and it was realized that they had as much interest in the education system as any one else; the suffrage of women, and later the suffrage of all, was developed. The question of female suffrage never came up, because it was from the beginning the service of food with an argument that women should vote on the same terms and just as naturally as men." As usual, woman suffrage spreads. If it had worked unhappily in the first of these villages, it would hardly have adopted it. A. S. B. in the Woman's Journal.

Broader Training for Women.

The Connecticut College for Women, the first one in that State, has not only an endowment of \$1,000,000 for running expenses from Morton F. Plant, but its course of study lays more stress on practical subjects and less on "the humanities" than do most of the women's colleges.

For example, the department of dietetics, under the direction of Prof. Helen Bishop Thompson, of Columbia, will teach both the scientific and the practical side of the service of food with a thoroughness which indicates that the college intends to lift housekeeping to a higher plane.

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ing into the exact sciences, or perhaps to remove the reproach that one heard no humiliating abuse of their enemies. Neither do the women speak in rancor and bitterness of heart. Where sorrow is so great, there is little room for hatred.

The women of this country have been the victims of a demand for greater efficiency and more scientific training, and it was realized that they had as much interest in the education system as any one else; the suffrage of women, and later the suffrage of all, was developed. The question of female suffrage never came up, because it was from the beginning the service of food with an argument that women should vote on the same terms and just as naturally as men." As usual, woman suffrage spreads. If it had worked unhappily in the first of these villages, it would hardly have adopted it. A. S. B. in the Woman's Journal.

Women of Austria. A heartbroken world will not hesitate to give thanks to the women of Austria. Like all their sisters of Europe, they have suffered the blackness of war and have worked heroically to relieve its sufferings. For that their country may thank them.

What the world must thank them for is their statement, made a few

days ago, that they have stood by the bedside of any dying man and heard no humiliating abuse of their enemies. Neither do the women speak in rancor and bitterness of heart. Where sorrow is so great, there is little room for hatred.

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Women with Sense of Humor. "Woman's right is the right of freedom from political duties," says an "anti" poster in New York in huge letters. Why should any one ask to be freed from a duty? It is one of the greatest anomalies of the present men-only regime that the duty of woman's political service exists and the opportunity to perform the duty is denied. The voter with any sense of humor may be trusted to see the incongruity and laugh accordingly.—Springfield Republican.

Poincare's Tribute. Madeline Danian, the fourteen-year-old French girl, who has been decorated by President Poincare with the Cross of Lorraine, is not the only nonmilitant French citizen who has risen to the occasion and done her duty.

This girl, when her father, the baker, was killed and the family left the bakery furnace and with the help of her ten-year-old brother, tried to fill his place. The soldiers who were fighting the battles of France are descended from such mothers as this girl and those like her. Poincare honors all French women when he honors her.—Evening Ledger, Philadelphia.

Strains and Sprains Are Easily Cured by Hot Baths and Rest

By DR. LEONARD KEENE HIRSHBERG.

MOST men have a fool in their sleeves. It is proved in many ways. They are forever violating and bucking the inexorable laws of cause and effect. No honest man ever made a success of gambling. Disaster is inevitable. Does this stop a man from trying it? Not a bit of it.

In the same spirit you allow no give and take to your muscles, yet you are amazed when you sprain your ankle, suffer a stiff hip joint or otherwise fall a victim to some disorder from which more active muscles might have saved you. Some muscles are often nothing more nor less than bruises due to abrupt violence of mild or severe degree. Blows, kicks or other unusual experiences may cause an outburst of lymph or blood from the veins to the muscle fibers. The muscles, indeed, may be slightly scratched or torn beneath the skin.

Such mishaps go by the lackadaisical name of strains or sprains. They are characterized by fast and increased on movement, ill-defined and deeply situated soreness, and swelling and discoloration called a bruise appears.

Answers To Health Questions.

Jones—What causes large yellow spots to appear on my body? What will help me? Sometimes I become nervous and feel like I am going to faint, my heart beats very fast and I seem to lose control of myself, also my mind becomes almost dead, and refuses to work properly. This has happened many times or two, and then it is all gone. Kindly give me the cause and remedy.

3. From the above symptoms would you say I have epilepsy? If so, what will kill this disease? Do you consider it serious? **4.** What causes pressure on the top of my head, pain in the liver, and local skin mounds may cause yellow spots. If it is the latter, salt and ammoniated mercury ointment may help. **5.** This may be the result of an empty stomach—waiting too long before taking food. Try a little food before taking medicine. It is not epilepsy; neither is it serious. **6.** Often a momentary speeding up of the blood flow does this. It is harmless in persons with soft arteries.

J. L.—Will you please advise me what to do for hay fever? This is the sixth year that I have had it, and I would greatly appreciate some remedy for it.

Send a stamped, addressed envelope for the address of a laboratory where a helpful vaccine may be obtained.

T. P. L.—I am the possessor of a bicycle and ride it every day. I am after the champion title, but I am troubled with my wind. I can ride at a great pace for three or four miles, and then I suddenly give out, while the rest of the fellows go ahead for miles and miles. What would you advise me to do? I am also troubled with my gums, which have a purple, bloody, and you kindly suggest something for me to do in this case?

You will have to give up the competition bicycle riding. Any one who has wind strains the heart and other vital tissues, and has physically no chance of any championship other than death. Hay fever is treated by hypodermically with one-half a grain of ephedrine with atropine, and a dose of iodine of potassium in water after meals, beginning at fifteen drops and increasing on drop at a time until fifty drops are being taken, with scraping of the teeth by a dentist; all of these must be done. Take five grains each of hexamethylenamine and citrate of soda every four hours in water.

W. D. W.—Will you kindly give me some of your valuable assistance in reference to my little daughter's case? She is six and a half years old. After referring and sleeping from an hour to an hour and a half, she jumps out of bed and runs around the room crying and screaming, sometimes for five minutes at a time. She does not have them every night, sometimes she may go

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A Holiday For Beauty

How a Day's Relaxation Will Spur Physical Forces to Restore Good Looks.

By LUCREZIA BORI.

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HAVE you ever thought of the importance of taking a holiday in relation to good looks? By holiday I do not mean the weeks spent away from household cares or business, but the single day spent in the woods or on the water. Just a day's respite from the monotony of housework or the grind of business.

It is the opinion of Europeans that Americans live too rapidly; that not enough time is spent in rest and relaxation. For this reason Americans are considered a nervous people, and the nervousness is the result of the treatment of nervous diseases.

In the strenuous living and rush of work an enormous amount of vitality and nerve force is used up, and the complexion, eyes, hair, and figure soon begin to pay the price for lack of rest and relaxation. If women would only realize that one day of complete relaxation now and then would restore the vital forces and, perhaps, save them from long weeks of illness and suffering from nervous prostration, resulting in a loss of good looks.

But when the average woman takes a holiday, she restores more than she would at home. Rising earlier than usual, she packs the lunch, which she has labored hard to prepare the day before. Then the children must be dressed, if there are children to be taken along, and the afternoon is spent in the park or country. In her eagerness to get every particle of pleasure from the day's outing, she bustles about from place to place in stuffy, uncomfortable clothing, and returns home in the evening far more tired than if she had remained there and attended to her daily duties.

Now that the days are pleasant—not too warm nor too cold—I am going to tell you how you can spend a day in the woods and come home refreshed and eager to assume your tasks with renewed vigor.

A Water Trip. It is possible, include a water trip in this day's pleasure. Row or canoe to your destination, so that the exercise will benefit the muscles of your arms, back, and abdomen. Remember not to row the boat as if you were a contestant in a race. Take long, steady strokes, and rest every now and then, so as not to over-exert yourself before the day is begun.

When you have reached an ideal spot under the trees, lie flat on your back with the soft, sweet grass for bed and pillow, and completely relax every muscle. This will rest you after the exertion of rowing or walking to the woods.

Now take a book or magazine—if you enjoy reading—and read, or if you have a companion to share your holiday, take turns at reading aloud—or just dream. When it is time for the noonday meal take your dainty, nourishing lunch—packed in boxes that can be

fixed the furnace. Buy a ton. Winter's coming. On the run. Mend the heavens. Right away. You may need 'em any day. Can the Palm Beach. Stuff the straw. Hurray with the Buckwheats, maw. Maybe, if we all prepare. Weather will. Continue fair. Seems to be the best bet. What we look for. We don't get.

Egyptian Serenade. Sing again the song you sung. When we were together young—When there were but you and I—Underneath the summer sky. Sing the song, and o'er and o'er, Though I know that nevermore Will it seem the song you sung. When we were together young.

—George William Custer.

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